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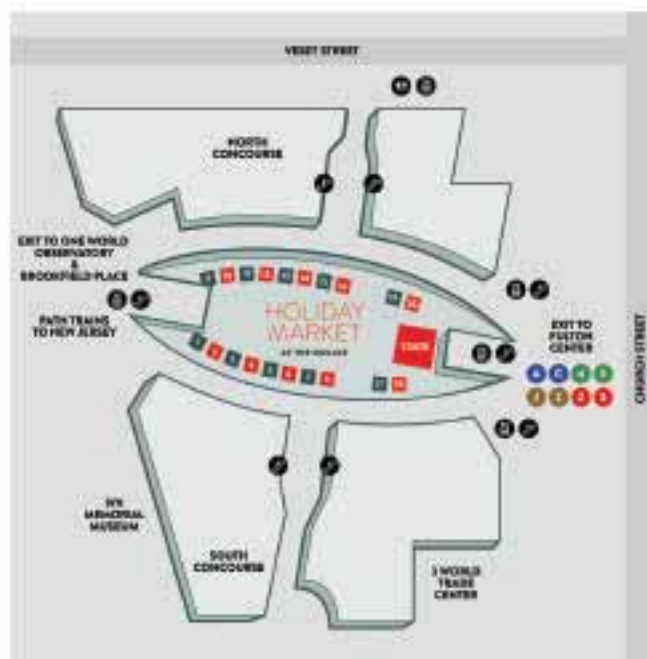
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Ser Davos Seaworth talks about 'GOT' Season 8 scripts. 20

Spongebob will save us. 21

How to check if Google is secretly recording your voice. 12

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GIANTS CLEAN HOUSE

- Reese and McAdoo get pink slips
- Spagnuolo named interim head coach
- Manning expected to be starting QB again
- Who could coach the G-Men in 2018 and beyond? 24-26

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JOE PANTORNO, SPORTS EDITOR

New York Giants fans saw an early holiday wish come true on Monday morning when the organization fired head coach Ben McAdoo and general manager Jerry Reese. With a fresh start awaiting despite an abysmal 2-10 record, order is beginning to get restored quickly. Find out why inside. metro.us/sports

TRUMP OUTLINES CUTS TO UTAH MONUMENTS

President Donald Trump announced big cuts to Utah's sprawling wilderness national monuments on Monday, angering tribes and environmental groups that want to keep the areas off limits to development. Trump's announcement follows a months-long review by the Interior Department that he ordered in April to identify which of 27 monuments

designated by past presidents should be rescinded or resized to provide states and local communities more control over how the land is used. Unlike national parks that can only be created by an act of Congress, national monuments can be designated unilaterally by presidents under the century-old Antiquities Act, a law meant to protect sacred sites, artifacts and historical objects.

CVS, AETNA EXECUTIVES DEFEND \$69B DEAL

CVS and Aetna said their \$69 billion deal to combine the pharmacy and drug benefit manager and the No. 3 U.S. health insurer would transform healthcare and deliver cost savings, but investors took a pessimistic view of the combination in the short term. CVS and Aetna announced on Sunday that they had reached an agreement for a deal that will allow CVS to expand cheaper medical services in its

pharmacy-based MinuteClinics and rein in soaring U.S. healthcare costs for consumers, large corporations, and the government. CVS CEO Larry Merlo said on an investor call that he expects the deal to close in 2018 after an antitrust review, and that he expects \$750 million in savings from eliminating duplicate corporate functions at CVS and Aetna and combining some drug health plan and drug benefit management areas.

5 THINGS YOU NEED TO KNOW

HOT OFF THE PRESS

Government Publishing Office bookbinder Daniel Kinney trims the edges off copies of the official photograph of President Donald Trump on Monday in Washington, D.C. Thousands of copies of the photographs of Trump and Vice President Mike Pence will be packed and sent to more than 1,600 federal buildings across the world.



SOUTH KOREA AND US LAUNCH AIR DRILLS

The U.S. and South Korea went ahead with large-scale joint aerial drills, a move North Korea had said would push the Korean peninsula to "the brink of nuclear war", ignoring calls from Russia and China to call them off. The drills come a week after North Korea said it had tested its most advanced intercontinental ballistic missile capable of reaching the U.S. as part of a weapons program that it has conducted in

defiance of international sanctions and condemnation. Chinese Foreign Minister Wang Yi said it was "regrettable" that all parties had not "grasped the window of opportunity" presented by two months of relative calm before the North's most recent test. China and Russia had proposed that the U.S. and South Korea stop major military exercises in exchange for North Korea halting its weapons programs.

FACEBOOK ROLLS OUT APP FOR KIDS UNDER 13

Facebook rolled out Messenger Kids, an app that lets the social media company expand into a so-far untapped market of kids under 13 while also giving parents complete control over what their children see. Facebook normally requires users to be at least 13 years old. The new app gives it a chance to win brand loyalty from younger children at a time when it faces competition for teenagers from other social media

platforms such as Snapchat. There already are a handful of other apps that children can use with parental consent, and kids can communicate with each other using texting on cellphones. Facebook said research showed young children were already using technology on a regular basis — but on apps built for teens and adults, raising concern among parents that their children might be communicating with strangers.

TONY'S METRO MAGIC 2017



As we enter the season of giving, Metro asks that you donate to Tony's Metro Magic annual holiday toy drive to help underprivileged children in your community. You can donate by visiting metro.us/magic, clicking on the toy wish-list link of your choice, and ordering via a secure payment system. Toys will then be distributed to local children in need.

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Downtown Brooklyn Community Office	635 Fulton Street, 1st Floor Brooklyn, NY 11217	12/5, 12/15	3pm–4:30pm
Queens	Address	Date	Time
Jackson Heights Community Office	93-14 Roosevelt Avenue, 1st Floor Jackson Heights, NY 11372	12/1, 12/8, 12/15	2pm–3pm
Richmond Hill Community Office	122-01 Liberty Avenue, 1st Floor South Richmond Hill, NY 11419	12/6	3pm–5pm
Bronx	Address	Date	Time
Fordham Community Office	412 E. Fordham Road Bronx, NY 10458	12/13	10am–11am
E. Tremont Community Office	774 E. Tremont Avenue, 1st Floor Bronx, NY 10460	12/7	10am–11am
Long Island (Nassau County)	Address	Date	Time
Hempstead Community Office	50 Clinton Street, Suite 110A Hempstead, NY 11550	12/2	2pm–3:30pm
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Emergency call buttons: Outdated system or necessary protocol?

The faded red boxes that dot the city are an overlooked fixture of NYC life.

MEGAN FU
@MetroNewYork
letters@metro.us

Scattered across the city, you'll find 15,000 emergency call boxes. But the rusty red towers and

15K

ACROSS NYC ARE
15,000 EMERGENCY
CALL BOXES THAT
TYPICALLY GO
UNNOTICED BY
PASSERSBY.

worn-down ornate units with paint peeling off the sides typically go unnoticed by passersby.

Rachel Stone, 22, works around Union Square and passes the call boxes on her way to and from work each day, but when asked if she had ever noticed one before she replied, "Nope."

The call buttons blend into the cityscape seamlessly; tucked between traffic lights and lamp posts on the bustling sidewalks as just another addition to the blur of daily life. With a closer look, they appear more so like a glimpse into the past, than a present-day way to report an emergency.

But their intended purpose is just that, a direct line to the police or fire

department with merely the click of a button. Once you notice one, you notice them all. While you can find the emergency boxes in all shapes and sizes — some adorned with little red torches on top or an orange lightbulb, others with only a handle to pull and nothing else — the most recent version comes with two buttons, one for the fire department and one for police.

The buttons on the call boxes, installed in 1973, are covered with a metal flap in a failed attempt to discourage accidental calls and pranksters. In 2001 the fire department reported 51,544 false alarms, just a fraction of the 262,998 reported in 1977, according to The New York Times. As of

2015, only 2.6 percent of all emergency calls came from these boxes, and of that, almost 90 percent are false alarms, according to the New York Post.

"I have no idea if they work but hopefully yes," Stone said. "Though it wouldn't be my first thought to use these, maybe if someone cornered me or tried to mug me." Stone's co-worker Carson Brown, 22, added, "If I ever felt unsafe enough, I'd push the button as I run past it in search of safety."

Both Mayor Rudy Giuliani and Mayor Michael Bloomberg tried to rid the city of the emergency units but not only have the removal attempts received backlash, a federal judge shut down Bloomberg in 2011, refusing to



Nearly all the calls made from New York City's emergency call boxes are false alarms. **MEGAN FU**

allow the administration to eliminate the boxes, according to The New York Times, because doing so would discriminate against the deaf and hearing-impaired. For those who are deaf and hard of hearing, the boxes provide an easy way to report an emergency using the FDNY's tapping protocol: a single tap for the police, a double tap for the fire department.

The faded red fixtures don't appear to be going anywhere anytime soon.

"They should be updated and advertised on public transportation," Brown said. "The emergency lights remind me of blue lights on college campuses. There's a feeling of safety of walking home late at night and keeping your eye trained on a blue glow that means you're not alone."

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November had fewer murders, shootings than past years: NYPD

NYC is seeing a reduction in crime, with fewer murders, shootings and burglaries in November.



KRISTIN TOUSSAINT
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kristin.toussaint@metro.us

New York City keeps getting safer, officials say.
The New York Police

Department announced Monday that last month saw the fewest murders and shooting incidents out of any November in the city's history.

This November, there

were four fewer murders, 17 fewer shootings, and 656 fewer index crimes — the eight types of crimes that make up indexes, which are homicide, rape, robbery, bur-

glary, aggravated assault, larceny over \$50, motor vehicle theft and arson.

The city is in the midst of an "unprecedented reduction" in violent crime, officials said. In September, the NYPD announced that 2017 was on track to have the lowest violent crime rate on record.

"Crime in New York City has fallen steadily throughout 2017, and November was no different," Police Commissioner James P. O'Neill said in a statement. "As we stand on the verge of a record-shattering year, Neighborhood Policing continues to deepen relationships between our communities and the NYPD. The enhanced trust and shared responsibility that come from these relationships will only drive crime lower."

This November, 1,172 robberies were reported, a 9 percent decrease from November 2016; about 1,400 felonious assaults were reported, a 13 percent decrease and 1,016 burglaries were reported, meaning a 6.9 decrease.

There more than 3,600 instances of grand larceny reported in November, marking a 5.4 percent de-

11%

THE 480 CASES OF GRAND LARCECY OF AUTOMOBILES REPORTED IN NOVEMBER MARKS AN 11 PERCENT DECREASE COMPARED TO NOV. 2016.

crease from last year and 480 cases of grand larceny of automobiles, a more than 11 percent decrease.

Those reductions are part of more than 5,100, or 5.5 percent, fewer index crimes reported year-to-date compared to 2016.

Thought crimes overall have lessened, the amount of rapes has gone up. There were 111 reported rapes in November, compared to 96 in November of 2016.

The Transit Bureau also recorded 20 percent more crimes this November compared to last.

"The bravest, most dedicated police force in the world continues to raise the bar," Mayor Bill de Blasio said in a statement. "And it's the department's winning formula of working with communities to stop crime in its tracks that's made New York City the safest big city in the country. I have no doubt the women and men of the NYPD will remain laser-focused on pushing crime even lower as our city closes in on an historic year in crime reduction."

13%

THIS NOVEMBER, ABOUT 1400 FELONIOUS ASSAULTS WERE REPORTED, A 13 PERCENT DECREASE FROM NOV. 2016.

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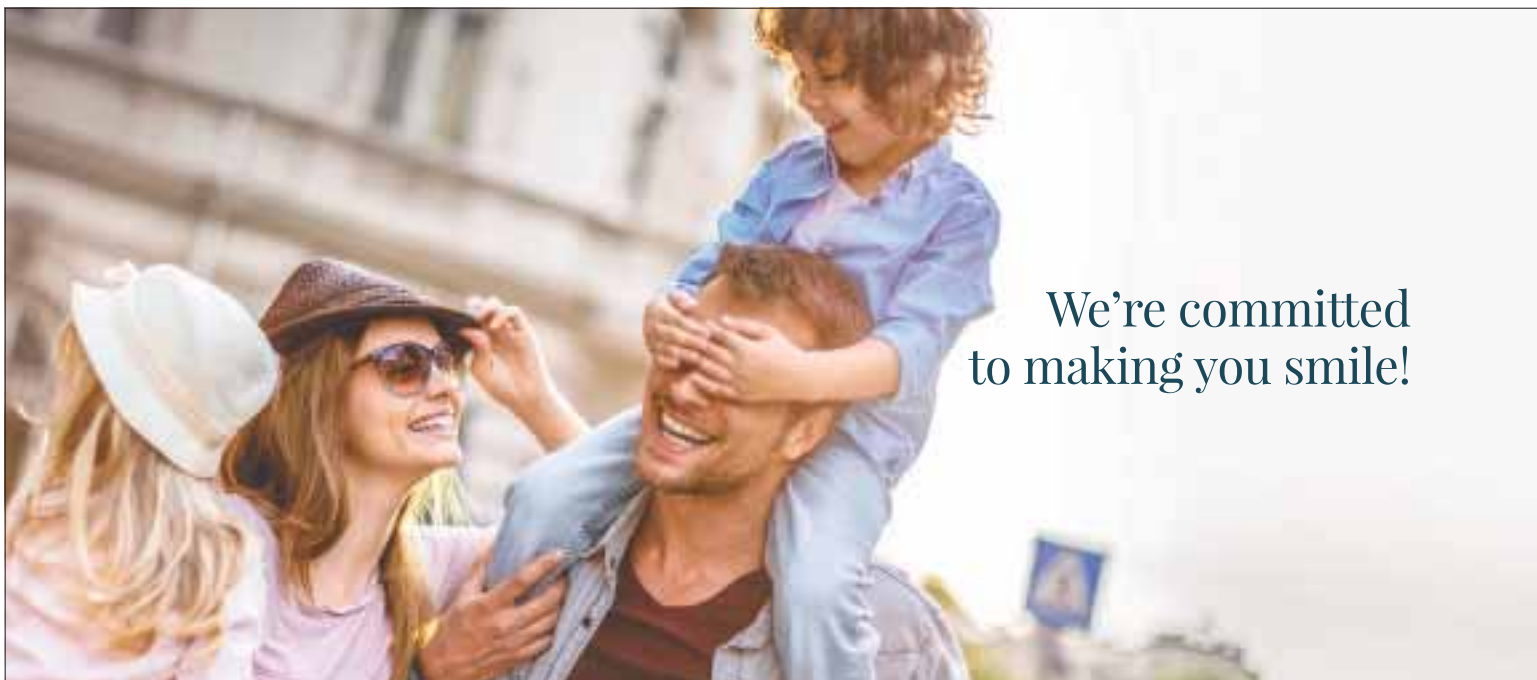
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The NYPD says that Nov. 2017 saw the fewest murders and shootings in the city's modern history. GETTY IMAGES



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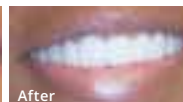
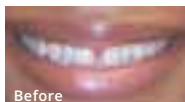
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Queens Boulevard now 3 years without pedestrian, cyclist death

"The Boulevard of Death has become the Boulevard of Life," Mayor Bill de Blasio said of the thoroughfare.



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For years, Queens Boulevard was known as the "Boulevard of Death"

after nearly 200 people were killed on the busy street over the course of 30 years. However, the major Queens thoroughfare has now gone three years without a pedestrian death following a slew of safety improvements in recent years.

"The Boulevard of Death has become the Boulevard of Life," Mayor Bill de Blasio told The

New York Times. "We've turned the corner."

As part of de Blasio's Vision Zero campaign to end traffic deaths and injuries, Queens Boulevard underwent a redesign that included the addition of cameras, protected bike lanes and wider crosswalks and medians as well as lower speed limits and longer walk signal times to give pedestrians a full 60 seconds to cross instead of the previous 32 to 50 seconds.

Two car lanes were also removed from Queens Boulevard during the \$4 million Vision Zero work, leaving three lanes of traffic in each direction, two bus lanes and two parking lanes.

The city is expected to begin a \$255 mil-

lion project to add wide medians with benches, trees and a continuous bike and walking path on Queens Boulevard in 2019.

The safety measures on Queens Boulevard came after 186 people died along the seven-mile-long street since 1990, including 138 pedestrians. In 1997 alone, 18 pedestrians were killed along the street.

While traffic crashes across the city declined last year, pedestrians were the largest number of fatalities, rising to 148 from 139 in 2015, the Times reported.

As of Nov. 21, there have been 198 overall traffic fatalities this year, 11 fewer than in 2016. Ninety-two fatalities were pedestrians, while 19 were cyclists.

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After undergoing a slew of safety improvements in recent years, the once-deadly Queens Boulevard has not had a pedestrian or cyclist death in three years. **FUCKR/NYC DOT**

GOVERNMENT SHUTDOWN

Democrats agree to talk to Trump on year-end agenda, avoiding shutdown

Democratic leaders in Congress said on Monday they had accepted an invitation from U.S. President Donald Trump to meet with him and Republican leaders to discuss year-end legislative priorities, including efforts to avoid a government shutdown.

House of Representatives Democratic leader Nancy Pelosi and Senate Democratic leader Chuck Schumer, who canceled a meeting with Trump last week after he issued a disparaging note on Twitter, said in a statement they hoped the president would remain open-minded about reaching a deal with Democrats.

"We need to reach a budget agreement that equally boosts funds for our military and key priorities here at home," Pelosi

and Schumer said. "There is a bipartisan path forward on all of these items."

The meeting was scheduled for Thursday, a day before the government's funding is due to run out.

Republicans in the House over the weekend introduced a stopgap measure that would fund the government at current levels until Dec. 22 to give lawmakers time to reach a deal on a longer-term bill.

The House is expected to vote on the short-term spending bill Wednesday, and the Senate would then follow suit later in the week.

The meeting with Trump that Schumer and Pelosi skipped last Tuesday was to have focused on the budget. Schumer and Pelosi said they pulled out because of a tweet Trump sent attacking them as weak on illegal immigration and bent on raising taxes. **REUTERS**

Buses to sub for LIRR trains between Ronkonkoma and Greenport Dec. 12

Due to switch replacement work in Peconic, four eastbound and westbound LIRR trains between Ronkonkoma and Greenport will be canceled.



NIKKI M. MASCALI
@NikkiMMascali
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Buses will substitute for Long Island Rail Road trains between Ronkonkoma and Greenport on Tuesday, Dec. 12, the MTA announced Monday.

The one-day change is due to switch replacement work at Mill Road in Peconic that will take the main track between the two stations out of service after the 5:30 a.m. train

from Greenport arrives in Ronkonkoma at 6:53 a.m. Normal service will resume on the morning of Wednesday, Dec. 13.

Because the work is putting the main track out of commission, four eastbound trains and four westbound trains will be canceled on Tuesday, Dec. 12. Buses will be available for passengers at the Greenport, Southold, Mattituck, Riverhead, Yaphank and Medford stations to connect to regular train service running from Ronkonkoma to Penn Station.

The canceled eastbound trains Tuesday, Dec. 12, include the 7:30 a.m., 12:42 p.m. and 6:53 p.m. departures from Ronkonkoma to Greenport and the 5:21 p.m. from Ronkonkoma to

Yaphank.

Buses will be available to take passengers from Ronkonkoma to the LIRR stations from Medford through Greenport or Yaphank, the MTA said, adding that riders should

allot for at least 18 minutes of additional travel time.

Westbound trains that are canceled on Tuesday, Dec. 12, include the 9:43 a.m., 2:43 p.m. and 9:39 p.m. departures from Greenport to Ronkonko-

ma and the 6 p.m. from Yaphank to Ronkonkoma.

Buses will be available for riders at Greenport or Yaphank through Medford, up to 18 minutes earlier than normal for service to Ronkonkoma,

where normal westbound service will resume, the MTA said.

Visit MTA.info for the complete timetable of bus service between Ronkonkoma and Greenport on Tuesday, Dec. 12.



Due to switch replacement work in Peconic on Tuesday, Dec. 12, four eastbound and four westbound LIRR trains will be canceled. GETTY IMAGES

TRAVEL BAN

US top court lets Trump's latest travel ban go into full effect

The U.S. Supreme Court on Monday handed a victory to President Donald Trump by allowing his latest travel ban targeting people from six Muslim-majority countries to go into full effect even as legal challenges continue.

The court, with two of the nine justices dissenting, granted his administration's request to lift two injunctions imposed by lower courts that had partially blocked the ban, which is the third version of a contentious policy that Trump first sought to implement a week after taking office in January.

The high court's action means that the ban will now go fully into effect for people seeking to enter the United States from Iran, Libya, Syria, Yemen, Somalia and Chad. Lower courts had previously limited the scope of the ban to people without certain family or other connections to the U.S.

Trump's ban also covers

people from North Korea and certain government officials from Venezuela, but lower courts had already allowed those provisions to go into effect.

The nine-member high court said in two similar one-page orders on Monday that lower court rulings that partly blocked the latest ban should be put on hold while appeals courts in San Francisco and Richmond, Virginia weigh the cases. Both courts are due to hear arguments in those cases this week.

Two of court's liberal justices, Ginsburg and Sotomayor, said they would have denied the administration's request.

The ban was challenged in separate lawsuits by the state of Hawaii and the American Civil Liberties Union. Both sets of challengers said the latest ban, like the earlier ones, discriminates against Muslims in violation of the U.S. Constitution and is not permissible under immigration laws. REUTERS



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And for generations, knee arthritis has given good, hard working people a life sentence of pain and suffering. To make things worse, slick marketers only add to the pain by promising wonder cures. Late night television and your mail box are filled with "wonder arthritis cures" that make wild claims and sound too good to be true . . . **Because They Are**

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But while marketers were peddling "wonder cures," real doctors and researchers were hard at work trying to discover a real medical solution. Modern medicine eradicated small pox and polio. Through laser eye surgery, doctors can give almost blind people perfect 20/20 vision. The potential cures on the horizon with breakthroughs like stem cell and regenerative therapies are endless.

Solve The Riddle Of Arthritis Pain?

For the past 3 years, that's exactly what a medical clinic in New York City has been doing. The **NYC Pain MD** doctors have been able to help thousands of knee arthritis sufferers with cutting-edge treatments and technology older generations could only dream about. One of these treatments in particular has helped thousands of patients ease or eliminate pain and go back to doing their favorite activities like: walking, playing golf, tennis and many more. The treatment is called viscosupplementation. *But wait.* This is NOT the typical viscosupplementation. So if you are one of the many knee arthritis sufferers who already had viscosupplementation and did not get great results - what you are about to discover should be very important. to you in particular. It might even get you out of pain.

Here is why: During viscosupplementation, a special lubricating gel is put directly into your arthritic knee joint. This not only helps the knee joint to glide more smoothly, it acts as a cushion, protects the joint. and relieves a lot of pain. This is often referred to as "joint oil." In many cases, when done properly, this can dramatically lessen knee pain for up to 6 months and much longer in many cases.

And even better - if this treatment works for you the first time - it can be safely repeated when necessary and the results are often better for some.

Like Threading A Needle?

The key to this treatment being successful is actually getting the special lubricating gel directly into the joint where it can go to work. That's why the doctors at **NYC Pain MD** use very advanced digital imaging that allows them to see directly into the joint and make sure the lubricating gel "hits the spot" and the treatment has the best odds for success. Studies show that doctors doing these types of procedures without this special imaging actually miss the joint space up to one third of the time!



"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago".

"It's the smartest thing ever did" "Since I've been going for the treatment for my knees I don't take any pills, I take not over the counter medication.."

"This is a good alternative to surgery." "I am so glad I went. I'm so confident I feel so good about it and I recommend it to everybody." William La Spina . Golf Enthusiast

(While **NYC Pain MD** cannot say all patients will respond like this we can say they are possible. Every patient is individual and results will vary. patient to patient.)

Why Treatment Can Fail

This is why viscosupplementation can fail for some people. It is also why many knee arthritis sufferers come to **NYC Pain MD** after failed treatments elsewhere... and are finally able to get relief. It is not uncommon for patients to travel hours for the advanced treatments given at **NYC Pain MD**.

Patients Should Be Assured About Precision Treatments

ONE BIG MISTAKE we have heard about is to use digital imaging or ultra-sound to mark the knee and then shut off the imaging and then not use it during the treatment procedure.!!! **This means the doctor did not actually see if the lubricating gel went exactly where it was intended.** The only way to know for sure if the procedure was as accurate as possible - and the lubricating gel went precisely into the joint space - is to use the digital imaging **during the entire procedure.** You can actually see the lubricating gel as it goes where it is needed. **If you did not actually see it on the imaging screen - you do not know for sure if you actually got the proper treatment applied to the damaged area.**

If you have already had this procedure without this advanced imaging... Or if it was not used throughout the procedure, there is a good chance you did not get the maximum results you could and should have received.

"Clearly, technology is only as good as doctors using it ... and clearly experience matters"

That's why, if you need heart surgery, you go to a heart surgeon... Not a general practitioner. At **NYC Pain MD** you will be seen by doctors who are specially trained in this procedure... Do it every day... and see thousands of patients every year. The latest technology combined with experienced and skilled doctors gets the best results possible. You will not be treated by a nurse or physician's assistant ...but always by a highly trained doctor

Who Is This Treatment For?

This treatment is not for everyone. But it is for a lot of people who suffer with knee arthritis. Especially if you would like to avoid total knee replacement surgery and possible lessen or eliminate your pain. This treatment

Treatments Their Parents Could Only Dream About

Knee Arthritis Sufferers Throughout The Tri-State Area Get Back On Their Feet

may help you if you have knee pain due to arthritis. It may also help you if you do not have dramatic signs of arthritis on x-ray. Studies show that arthritis is present long before it can be seen on x-ray. In fact, the sooner you start this treatment the better. So, if you have knee pain - seeing one of the specially trained medical doctors at **NYC Pain MD** could be the answer you are looking for. **This is important - this is especially for you if you have had viscosupplementation in the past without good results.**

Many patients who did not have good results elsewhere are often able to get a very favorable results because of the advance technology and procedure experience at **NYC Pain MD**

In fact some patients have decided to cancel knee surgery and others go back to a active life-style they had before it was stolen by all the pain.

How to Find Out If They Experts At NYC Pain MD Can Help You

If you have knee arthritis pain and would like to see if this treatment might help you - the experts at **NYC Pain MD** offer a complimentary screening appointment.

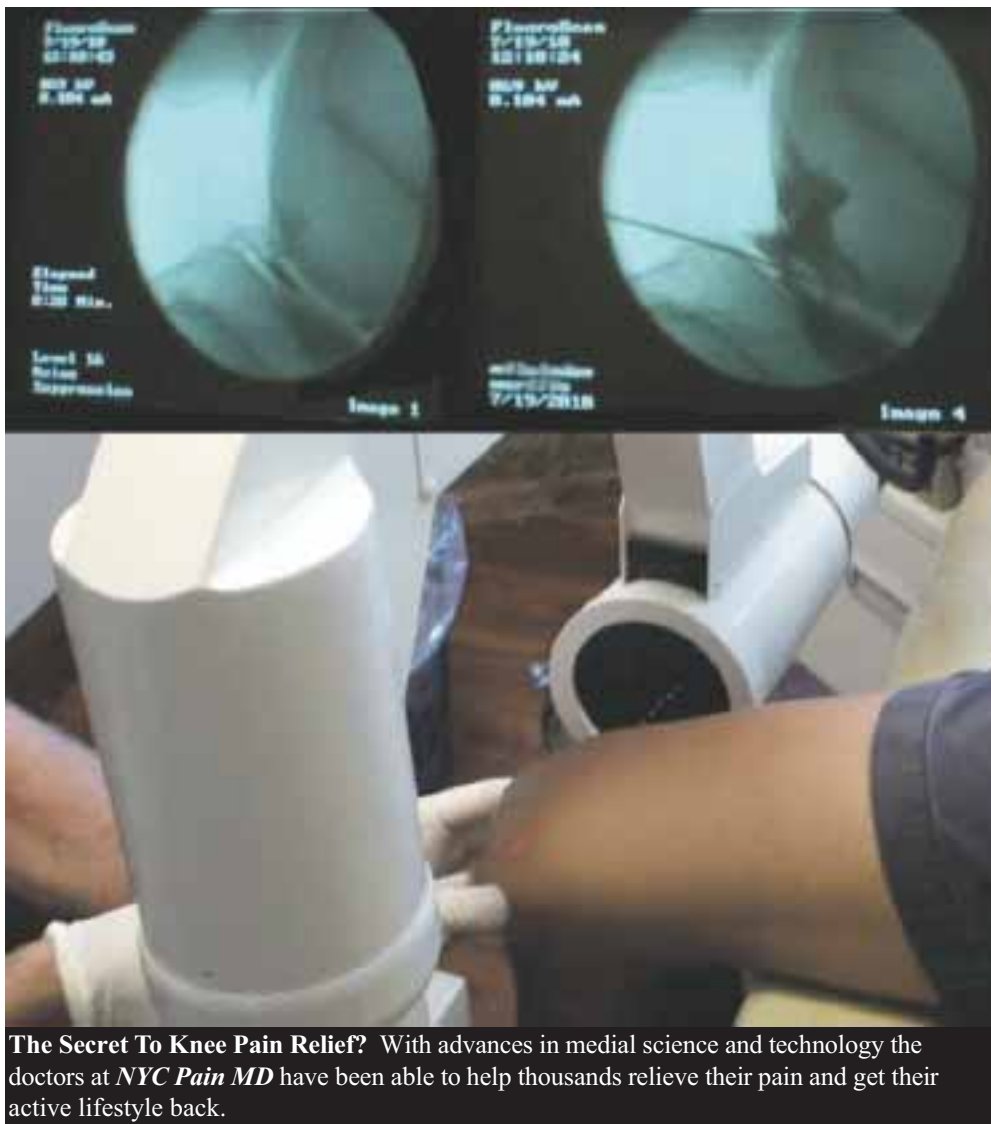
This screening will help determine if you are a candidate for treatment and also gives you a chance to get your questions answered.

If you are a candidate, you will leave knowing that you found the possible way to lessen or even eliminate your knee pain for 6 months or more for many patients.

There is no obligation and if you are not a candidate - the doctor will help you find the best doctors and treatments for your individual case and refer you to the proper sources. To set up a complimentary screening, just call 800-298-8610

The NYC Pain MD 'X' Factor ? ... Reduced Cost, Time And Stress

NYC Pain MD is a high-tech medical facility equipped with all the necessary equipment to treat appropriate candidates right in it's own in-office procedure suites. What does this mean for you? It means no stressful hospital, no intimidating surgical center or out patient facility visits. Your experience is far more relaxing with personalized attention. This also means you don't have to be "Rich and Famous" because by avoiding all those "fancy" facilities you don't have to bear their severe costs which can be several times the cost of the treatments themselves.



The Secret To Knee Pain Relief? With advances in medial science and technology the doctors at **NYC Pain MD** have been able to help thousands relieve their pain and get their active lifestyle back.

How To Get A No-Cost Screening & Find Out If This Knee Arthritis Treatment Is For You

The popularity of this treatment is startling. **NYC Pain MD** receives hundreds of patients calls weekly... patients looking for options other than surgery that really work. But because this is a real medical treatment - it is not for everyone. That's why the experts have setup an easy screening visit.. This screening will help determine if you are a candidate for additional examination

and treatment. This screening is offered at no cost to the patient. All your questions answered and you will find out if this treatment is for you. Zero risk or obligation. Just call 800-298-8610 Tell them, "I would like the knee screening." They will take care of everything. Due to demand, spots are limited - call immediately to avoid unnecessary waiting. The number to call is: 800-298-8610

The secret to success: Technology with Caring Doctors: NYC Pain MD combines cutting edge technology with highly trained professional and caring staff to help knee arthritis sufferers.

To set up a complimentary screening, just call 800-298-8610. But if you want a screening, we recommend calling right now. Due to time limitations, the center can only offer a limited number of screening per month. They decided to limit the number because they believe in the giving every patient the individual time they deserve.

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How to check if Google is secretly recording (and saving) your voice

You may want to check your Voice and Voice Activity settings.



LENYON WHITAKER
@MetroNewYork
letters@metro.us

Is Google secretly recording everything you say?

As smart-home devices equipped with artificial intelligence increase in popularity, Google could be listening to everything you say. Aside from storing your search results and cookie data, Google can also listen to and store what you're saying if you have its



Aside from storing your search results and cookie data, Google can also listen to and store what you're saying if you have their voice features enabled. GETTY IMAGES

voice features enabled.

According to Google, the Voice & Audio Activity function helps Google "recognize your voice and improve speech recognition by storing your voice and audio inputs to your account." But if you're someone who is skeptical of technology and would rather not have the tech giant record your voice, here's how to find and delete the recordings.

First, make sure you're logged in to your Google account. Go to myactivity.google.com and you'll see a detailed list of all the sites you've visited along with places you've searched for on Google Maps and what videos you've watched on YouTube. On the left side of the window, click Activity Controls. Once there, scroll down to Voice & Audio Activity and click Manage Activity. You'll be able to search for voice recordings stored in Google.

If you've used the "OK Google" through Google Assistant command to search for something on the web, or have tapped the microphone icon to speak directly to your device, you may be interested in seeing what Google has saved. According to Google, the company "records your voice and other audio, plus a few seconds before," when you use those functions. Google notes that it records your

voice to help its devices learn the sound of your voice and how you say words and phrases. But if you're someone who is very concerned about online privacy, the thought of some machine secretly recording and storing your voice may creep you out a bit.

Google has been using this function since 2015 and there are many users who have already disabled this function. But because more people are using smart home devices such as Google Home, Alexa and Siri to perform everyday tasks, now might be the right time to check on how your data is being recorded and stored.

If these tools and features scare you in any way when using your personal devices, we might have bad news: You may see them become present in your workplace environment. Last week, Amazon announced Alexa for Business, a service that could provide employees with their own virtual assistant at work. Alexa for Business could help keep track of tasks, organize meetings and order supplies. All of these tools will be meant to help with everyday work tasks, but the thought of having some type of device always listening to everything you say might make your day job more stressful than it is already.

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Donald Trump gives aides assignments and orders them not to tell Chief of Staff Kelly

The president seems determined to slip the shackles of professionalism.

MICHAEL MARTIN
@MetroNewYork
letters@metro.us

Months after Chief of Staff John Kelly arrived to limit outside advisers' access to the president — and President Trump started to chafe at the orderliness — Trump has started to execute end runs around Kelly, giving aides assignments on the downlow and telling them to keep it secret.

Trump has occasionally summoned White House aides to the private residence at night,

giving them tasks and instructing them not to tell Kelly, *The Wall Street Journal* reported Monday, adding that at least once aides have declined to execute the task so as not to tick off Kelly.

Trump's determination to slip the shackles of professionalism has led to creativity. To get around phone protocols established by Kelly, some of the president's friends have started calling first lady Melania Trump and asking her to pass messages to her husband, the *Journal* reports. "If I don't want to wait 24 hours for a call from the president, getting to Melania is much easier," one of the president's besties told the paper.

A spokesperson for Melania Trump denied that: "This is more fake news and these are more anonymous sources peddling things that just aren't true. The first lady is focused on her own work in the East Wing."

The White House has not commented on the report.

Although Kelly has gotten a handle on the wild West Wing ineffectually overseen by former Chief of Staff Reince Priebus — in which various family members and advisers waltzed into the Oval Office to command the president's eye or ear at leisure — he has not been able to prevent Trump from shooting himself in the foot



Although John Kelly (left) has gotten a handle on the wild West Wing ineffectually overseen by former chief of staff Reince Priebus, he has not been able to prevent Trump from shooting himself in the foot on Twitter. GETTY IMAGES

with Twitter, which the president did spectacularly over the weekend via a tweet that implied he committed obstruction of justice when firing FBI director James Comey.

"John has been suc-

cessful at putting in place a stronger chain of command in the White House, requiring people to go through him to get to the Oval Office," said Leon Panetta, a White House chief of staff under President Bill Clinton

who worked with Kelly, at the Department of Defense. "The problem has always been whether or not the president is going to accept better discipline in the way he operates. He's been less successful at that."

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Holiday music is bad for your mental health, says science

Good news: Science has reaffirmed that you're not a sociopath in December, just a sentient human being with the power of hearing. Psychologists have found that holiday music can negatively impact your mental health.

It has to do with the "mere exposure effect," which is a term for the U-shaped relationship between how much we hear music and how much we like it. And because holiday music streams within nearly every public space this time of year, not-liking reaches epidemic proportions: Even if you love Christmas tunes, your pleasurable feelings upon hearing it peak at a certain point, after which, feelings like boredom and annoyance take over.

Holiday music tends to exacerbate our current emotional state, whatever that may be. If you have warm memories of the holidays, seasonal music is likely to boost your emo-



A Consumer Reports survey found that 23 percent of Americans dread holiday music. GETTY IMAGES

tional state, while if December's festivities cause you stress, Christmas tunes can be triggering, says Victoria Williamson, Ph.D., who researches music psychology.

It can also be negatively distracting, decreasing employee productivity and increasing irritation among consumers. A Consumer Reports survey found that 23 percent of Americans dread holiday music. "People working in the shops [have to tune out] Christmas mu-

sic, because if they don't, it really does stop you from being able to focus on anything else," says clinical psychologist Linda Blair.

Also know that the speed of holiday music you hear can affect your buying habits. Slow tempos slow shoppers down, while faster music can hustle shoppers out of a store, says marketing professor Eric Spangenberg, who has studied the effect of holiday music in retail stores. MICHAEL MARTIN



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High court leans toward allowing sports betting in New Jersey case

The state's gambling law was challenged by the NFL, NBA, NHL and Major League Baseball.

U.S. Supreme Court justices on Monday signaled a willingness to let New Jersey and potentially other states legalize sports betting, a lucrative source of revenue for state coff-

ers that has been barred in most places.

The nine justices heard an hour-long argument in an appeal brought by outgoing Republican New Jersey Gov. Chris Christie

that aims to revive a 2014 state statute legalizing sports wagering. New Jersey's measure, challenged by the biggest U.S. sports leagues as a threat to the integrity of competition,

was struck down by courts as a violation of a federal law that prohibits most states from authorizing sports betting.

Christie, wearing a dark suit and a bright magenta tie, had a front row seat to the proceedings in the ornate courtroom.

"If we are successful here we could have bets being taken in New Jersey within two weeks of a decision by the court," Christie told reporters after the argument. "We're prepared in New Jersey. We're ready to go."

The law at issue would allow people age 21 and above to bet on sports at New Jersey casinos and racetracks, but would ban wagers on college teams based in or playing in the state. The ruling, due by the end of June, will likely come after Christie leaves office in January.

Chief Justice John Roberts and fellow conservative Justice Anthony Kennedy expressed skepticism about the restrictions that the federal law places on states. Liberal Justice Stephen Breyer also asked questions that indicated he could side with New Jersey. Some of the court's liberals appeared less sympathetic to the state's arguments.

New Jersey argued that a 1992 federal law, the Professional and Amateur Sports Protection Act, infringes upon state sovereignty as laid out in the U.S. Constitution by compelling states not to license or regulate sports betting.

That law effectively prohibits sports gambling in all states except Nevada and, to a limited extent, Delaware, Montana and Oregon by preventing them from lifting state bans on the practice.

Industry analysts predicted that upwards of 20 states would legalize sports betting if the federal law is voided. The current illegal sports betting market is worth billions of dollars annually, they estimated.

The conservative justices often are sympathetic to arguments in favor of the assertion of the sovereignty of states at the expense of the federal government, a principle called federalism.

"It's precisely what federalism is designed to prevent," Kennedy said in reference to the 1992 law.

If the justices undercut or overturn the 1992 law, the court could set a precedent threatening other federal attempts to force states and cities to follow its lead on policy issues. That could include the Trump administration's bid to crack down on so-called sanctuary cities that limit cooperation with the federal government.

Christie served as an advisor to President Donald Trump during the 2016 presidential race but was ousted as the head of Trump's transition team after the election. Trump's administration is on the opposite side of the case, opposing the New Jersey law championed by Christie. **REUTERS**



Gov. Chris Christie has pushed to allow sports betting in New Jersey. **GETTY IMAGES**

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Can men actually be allergic to sex? Yes, and so can women

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MEAGAN MORRIS
@MetroNewYork
letters@metro.us

There might be another reason why men roll over and go to sleep after sex: They're not feeling so good.

Post-orgasmic illness syndrome (POIS) is a rare illness that gives men flu-like symptoms — like extreme fatigue, high fever, weakness, congestion — within about 30 minutes of ejaculation. The first case wasn't documented until 2002, but researchers from Tulane University School of Medicine in New Orleans say more research is needed to uncover the "prevalence, pathophysiology and treatment of this debilitating condition."

The reason doctors don't know much about it is simple: It's so rare — only about 50 cases have emerged around the world — so the need for research isn't really there. However, studies into POIS point to a couple of possible causes: Either it's an autoimmune

reaction to a semen allergy or affected men have another underlying condition that affects their opioid receptors, including endorphins.

POIS might only affect men, but women can also be allergic to sex — or, more specially, semen.

"It's really a very rare condition, but it does happen," allergist and immunologist David Resnick at New York Presbyterian Hospital told LiveScience.

The response to the allergy differs from woman to woman: Some are allergic to all semen, while others react only to certain partners. There's a small group of women who aren't allergic to the actual semen, but to allergens from foods and chemicals in the semen.

This type of allergy doesn't have a cure. Some women outgrow it, while others are treated with small amounts of semen to help desensitize their bodies to it.

The same goes for POIS: There's no cure, but it's typically treated with antihistamines, benzodiazepines and

serotonin reuptake inhibitors. Somehow we don't think the results of sex will keep any man from participating in it, though.



Post-orgasmic illness syndrome (POIS) is a rare illness that gives men flu-like symptoms. ISTOCK

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NEW McDONALD'S MENU

McDonald's new 'dollar' menu to intensify 2018 price war

McDonald's Corp said on Monday it will introduce new menus with \$1, \$2 and \$3 items in early January as restaurants battle to win U.S. customers who have come to expect deals on food.

The move from McDonald's comes amid an intensifying fast-food price war with rivals ranging from Taco Bell to Dunkin' Donuts.

McDonald's dropped its popular "dollar menu" in 2013 after franchisees groused that selling items like the McDougle cheeseburger for \$1 cut into profits. The replacement "dollar menu and more" had higher prices but failed to draw more customers despite heavy marketing.

The new dollar menus, set to debut on Jan. 4, include any size soft drinks and cheeseburgers for \$1, small McCafé drinks and bacon McDoubles for \$2 and Happy Meals and triple cheeseburgers for \$3, McDonald's said.



New McDonald's menu items are coming in 2018. GETTY IMAGES

They will supplement McDonald's current value offers such as MacPick 2 for \$5. All of the value menus are designed to diners flexibility while protecting franchisee margins, the company said.

"You always have to have value as part of the equation," Chris Kempczinski, president of McDonald's USA, said in an interview.

McDonald's executives in October said almost all of its U.S. operators support its ongoing turnaround plan that includes the new value menus. REUTERS

Chris and Anna's 'irreconcilable differences'

Chris Pratt — known to you, perhaps, as the main guy from "Guardians of the Galaxy" — has officially filed for divorce from Anna Faris. As expected.

The former couple — who announced their separation in August — were married for about eight years. In the divorce filing, Pratt cited irreconcilable differences and requested joint custody of their 5-year-old son, Jack. According to TMZ, it is unclear whether either has asked for the right to receive child support.

When announcing their split on Facebook and Instagram, Pratt and Faris wrote that coming to the decision to separate was difficult for them both. "We tried for hard for a long time



Poor Pratty.
ALL PHOTOS GETTY IMAGES

and we're really disappointed," they wrote. "We still love each other and will always cherish our time together."

We said it before, we've said it a million times since, and we'll say it again now: Love is dead, or whatever.

the
word

'Long Island Medium' didn't see divorce coming

Another day, another divorce: The "Long Island Medium" herself, Theresa Caputo, is splitting from her husband, Larry. But did she see it coming?

The couple, who is splitting after nearly three decades of marriage, made the choice to legally separate and give a joint statement to Page Six, to ensure that everyone knew it.

"We will always love each other and our two wonderful children. We are united in supporting each other and our family. Please respect our privacy during this time." Ah yes, the classic statement that asking for privacy while permitting the entire world to glimpse your dirty laundry.

It really, really feels like one of those spirits she communes with could have told her this was going to happen, but, you know. Can't win 'em all.



The higher the hair, the closer to — oh, whatever.

There's a tiny Lin-Manuel Miranda on the way



Miranda confirmed the news on Twitter.

Everyone's favorite dude, Lin-Manuel Miranda, and his wife, Vanessa Nadal, are expecting a second child. Hooray.

The couple went old school in announcing the news. Miranda and Nadal attended the London Evening Standard Theater Awards on Sunday, looking sharp — with Nadal very clearly pregnant. Or perhaps, very clearly, have eaten a very large meal. A burrito, perchance.

Miranda confirmed the pregnancy on Twitter, with a sharp and timely — and simple — "Oh hell yeah."

Apparently, their 3-year-old son, Sebastian, can't wait to be a big brother. "He is so impatient for it," Manuel wrote on his Twitter. "Once, mid-tantrum, he cried, 'When is mommy gonna HAAAATCH...'" Cute.

Congratulations on bringing yet another child into these troubled times.

Why Sammi is skipping the GTL reunion

The sacred GTL is returning with "Jersey Shore: Family Vacation." But there will be a conspicuous absence: Sammi "Sweetheart" has opted out of appearing in the reunion. And according to Snooki, it's for a very obvious reason.

On her podcast, "It's Happening," Snooki promised she's wouldn't speak for Sammi. She then proceeded to do just that.

"Filming the show 'Jersey Shore' back then ... it was crazy. It



Come back, Sammi! Or prioritize your mental health, whichever.

took a toll on you. It was very emotional. And being that there was a lot of Ron and Sam drama when we did film, it was just really hard on them," she continued. "I just think she doesn't want that anymore."

The 30-year-old — who once starred in an episode of "Supernatural" as a demon — did say, however, that the cast has been trying to persuade Sammi to join them. "We're all begging her to come back on the show," she said.

Only time will tell.

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Tavis Smiley brings MLK to the stage

"Death of a King" will be touring the country early next year.



PAT KING
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patrick.king@metro.us

With the 50th anniversary of Dr. Martin Luther King Jr.'s assassination approaching, renowned journalist and bestselling author Tavis Smiley will be bringing his acclaimed book, "Death of a King," to theaters across the country for an innovative multimedia stage production.

Billed as "Death of a King: A Live Theatrical Experience," the production will have Smiley reading passages from the book in front of three large high-definition screens displaying powerful and never-before-seen photos and videos of King, painting a picture of the man many have never seen before. Smiley will be accompanied by jazz piano legend Marcus Roberts, who has written 14 origi-



Tavis Smiley (left) accompanied by Marcus Roberts (right). EARL E. GIBSON; THE SMILEY GROUP

nal compositions specifically for this project. Tony Award-winning Broadway and film director Kenny Leon is also serving as the show's creative consultant.

Smiley's biography, along with the production, chronicles the not-so-well-known last year of King's life when he was disillusioned with the heart and soul of America in the midst of the Viet-

nam war.

The result will paint a powerful portrayal of the man while motivating those who want to see a change in the world. "You're going to leave the theater levitating, realizing that there is still work to be done and we are the ones to do it," says Smiley. "If we want to honor King's life, we have to live his legacy."

Being an important year in the remembrance of King, Smiley also believes that the show will resonate in a powerful way given the state of our nation and will act as a cautionary tale to a society that ignores its truth-tellers.

"America is lost. We just need to be honest about that," says Smiley. "The only thing worse than being lost is being

lost and heading in the wrong direction. ... America needs a course correction, and the guy who's driving it is not interested in that. He can be the way to get back on the right track to get America moving in the right direction."

"Death of a King: A Live Theatrical Experience" will make its debut on King's birthday, Jan. 15 at the (appropriately named) King's Theatre in Brooklyn. The show will stop in 40 cities, including Memphis — the city where King was killed — on April 4, the 50th anniversary of his death. When I asked Smiley if performing this show on these significant dates would take a toll on him emotionally, he laughed and replied: "I'm trying not to think about it, but I know it's going to be emotional."

King's message and philosophies are as important as ever, and being able to bring them

to the people is one of Smiley's greatest joys. "It is my great and deep honor to be able to try and share a bit more about him that might allow us to see him for who he really was," Smiley says. "To finally come to terms with his real legacy, and to get more serious about how to create an America that will one day be as good as it's promise. We're not quite there yet."

"In this country, there is too much of a gap between the promise of America and the possibilities in America for every fellow citizen. There's work to be done, and if I can reintroduce King to some, and introduce him to others, I'll feel like I have done my job."

Smiley also said he and producer J.J. Abrams plan to turn "Death of a King" into a TV miniseries at the end of 2018.

For tour dates and tickets visit deathofakingtour.com.

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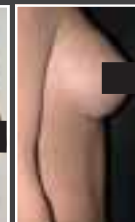
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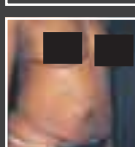


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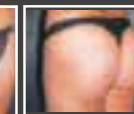
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Cunningham as Ser David Seaworth on the hit HBO show. HBO

Cunningham as Ser Davos Seaworth on the hit HBO show **HBO**

 **GREGORY WAKEMAN**
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of Thrones,” Liam Cunningham’s Ser Davos Seaworth has grown into one of the most popular characters on the show — trusted right-hand man to Kit Harrington’s Jon Snow and someone who has also unknowingly committed the most famous act of incest in television history.

But it took a bit of patience to get to this point. “I was getting excited and nervous,” Cunningham shares, after revealing the storylines were more difficult to get his hands on than a stockpile of Valyrian steel. “I wanted to see what was going on. One of the main reasons was that

as an actor, my ambition for this was to get to the last season, and I've been waiting on the scripts to see if I can get to the last episodes."

Thankfully, good things come to those who wait.

"I have everything," he says. "I've read everything. I've seen every-

thing, and we are well into shooting the last season now. It's a goer!"

"What happened was I didn't get a chance to read them [initially]," Cunningham says. "I was in New York and was having a bit of trouble getting them because of security on the scripts. Myself and Kit Harrington didn't get to read them until we went to the read-through. So it was all new to us, and it's just new 'oohs' and 'ahhs.' It's as it was in the past — just beautiful storytelling. Huge surprises. Wonderful stuff. I can safely say it will be a fantastic, fantastic finish to this incredible story."

But one that will come with more than a few tears.

"It had a bittersweet aspect to it because it was the last time we're going to do it," says Cunningham. "It was incredibly special and moving. It was nice ... but slightly sad."

Cunningham and the rest of the "GoT" team are well aware that it's

the perfect time to bring the show to an end, though, as he insisted that carrying it on any longer would be doing "the story a disservice."

"The reason it's as big as it is, and was, is it's recognized by the audience as extraordinary storytelling," Cunningham says. "It always had a beginning, middle and end."

We're still not too sure when the beginning of the end of "Game Of Thrones" will air — in fact, the latest speculation is that it could be delayed until 2019 so that HBO can make sure the finale is all that fans could dream of.

In the meantime, stay glued to Metro for further revelations (and hopefully a few spoilers). In the meantime, enjoy Cunningham's performance as a villain hell-bent on defeating Ethan Hawke's character in the hitman action thriller "24 Hours to Live," which is in theaters now.



This research is funded by the National Institutes of Health (NIH)

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Tony's Metro Magic, named in memory of former Editor-in-Chief Tony Metcalf, is **metro's** annual toy drive for underprivileged children. To find out how to donate toys, visit **metro.us/magic**

Spongebob will save us

The star(fish) of the new Spongebob Squarepants musical, Danny Skinner, tell us why the show is truly for everyone.

T. MICHELLE MURPHY
@MetroNewYork
letters@metro.us

With "The Lion King" celebrating 20 years on Broadway this year, Disney has long since proven that it's possible to translate animation to the stage. Now, Nickelodeon aims to capture the same magic with one of the network's most beloved series.

"Spongebob Squarepants: The Musical" finds the residents of Bikini Bottom dealing with their greatest threat yet: an erupting volcano. Will the gang of underwater misfits, led by a determined yellow sponge, save the

day? Definitely, but the biggest question is: Can a beloved children's cartoon translate into a musical for all ages?

We asked one of the people who knows best, the show's star (fish) Danny Skinner.

We all live in Bikini Bottom

Just because they're animated doesn't mean these characters don't carry the necessary gravitas for Broadway.

Skinner, who originated the role of Patrick Star in "Chicago" before making his Broadway debut this winter, calls the opportunity to bring Spongebob's starfish friend to life onstage a "dream come true."

Long before Skinner auditioned for the show, Patrick had already played a meaningful part in his childhood.



Danny Skinner as Patrick Star, with Lilli Cooper (Sandy Cheeks) and Ethan Slater (Spongebob Squarepants).
JOAN MARCUS

"I remember watching it on my parents' bed and thinking, 'Oh, my God, that's a character who looks like me!'" he recalls. "You know, he's a little bigger, and as a kid it's so important to find representation of yourself on TV."

Serious stagecraft

Audiences will see right away that they aren't getting a literal replica of the cartoon when the characters step onstage looking like humans, rather than

sea creatures.

And that's not where the differences end. "There's what director Tina Landau calls 'Spongebob DNA,'" Skinner says. "[The cast] watched the show together, and she told us we weren't supposed to be trying to copycat them, their voices, but finding our own Spongebob DNA."

Interpretive costumes are aided by a playful set (all by David Zinn) that invites audiences to imagine an underwa-

ter world, rather than literally re-creating Bikini Bottom. "There's a lot of stage magic, a lot of suggestion," says Skinner.

The music of our moment

To capture the sound of life under the sea, the score to "Spongebob Squarepants" brings together a roster of Grammy winners to amplify every magical moment with original songs created just for the show. Contributors include Aerosmith, John

If you go

"Spongebob Squarepants: The Musical"
Open-ended run
The Palace Theatre
1564 Broadway
\$49-\$204
spongebobtheatrical.com

Legend, Cyndi Lauper, The Flaming Lips, Panic at the Disco! and even David Bowie.

Save us, Spongebob

Let's be real — life here on dry land isn't amazing right now. The arrival of the Spongebob gang's bubbly feel-good story about coming together to save the world couldn't be a better diversion — and maybe even inspiration? — for the real world.

"We are in a climate where the world is falling apart, but Spongebob says that we get to choose how we respond in every moment, with our friends and community," says Skinner. "He is the eternal optimist. It's a great message and a magical show."

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Sea of Light opens Dec. 5 at the Seaport District. ALEXANDER GREEN AND SYMMETRY LABS



Check out this mermaid disco

Sea of Light bubbles up in the Seaport District tonight.



EVA KIS
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eva.kis@metro.us

If the Little Mermaid had gone to a nightclub under the sea, it would look like the Seaport District.

For the holiday season, the home of New York City's nautical beginnings is getting an interactive art show called Sea of Light opening tonight.

Created by light artist Alexander Green and Symmetry Labs (which also worked on what's always the hottest art show of fall, 29Rooms), Sea of Light is a collection of glowing spheres that appear to be bubbling up from the Seaport's cobblestone streets.

The spheres are up to 9 feet tall and lit by over 150,000 LED bulbs that respond to touch and sound using thermal cameras and echolocation technology triggered by movement around them. It's basically the undersea version of the dance floor from "Saturday Night Fever." There's also a choreographed light show that plays on the hour.

Speaking of parties, swing by opening night from 5:30 p.m. to 7:30 p.m. to get a first look at the orbs along with performances by Aluna George and America's Got Talent opera singer Laura Bretan, plus food trucks and free mulled wine and hot chocolate all night.

Sea of Light is free and open to the public through March 1, 2018. Additional activities during the holiday season include a

curling rink and a design-focused holiday market curated by WantedDesign at 6 Fulton St.

The Seaport District is the city's original shipping hub, where everything from immigrants to commerce moved for centuries. Recent redevelopment by the Howard Hughes Corp. has brought in the luxury dine-in theater iPic, a culinary series featuring some of the best chefs from the city and beyond, shops showcasing independent designers and regular live entertainment.

In Summer 2018, the revitalized Pier 17 will also add a 1.5-acre rooftop, a food hall curated by chef Jean-Georges Vongerichten and a new restaurant by David Chang.

For more information, visit seaportdistrict.nyc.

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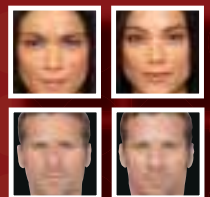
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We ask a GI specialist how to tell the difference between Crohn's disease, ulcerative colitis and IBS.



KATE MOONEY
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For many Americans, intestinal discomfort is a routine affliction. But how do you know if you ate the wrong thing, have a case of irritable bowel syndrome or are suffering from a more serious condition, such as Crohn's disease or ulcerative colitis?

For Crohn's and Colitis Awareness Week (Dec. 1-7), we talked to Dr. David Hudesman, gastroenterologist and medical director of the Inflammatory Bowel Disease Center at NYU Langone, to learn more about each of the diseases and what to do if you're experiencing gut pain.

Inflammatory bowel disease (IBD)

Crohn's disease and ulcerative colitis are both chronic inflammatory bowel diseases — not to be confused with irritable bowel syndrome, known as IBS, Hudesman explains.

People who get Crohn's or colitis have a genetic predisposition; the conditions are then brought on by an environmental trigger, such as getting a stomach bug from traveling or side effects from taking anti-

Check your gut



How to know if it's just a stomachache, or an inflammatory bowel disease. **ISTOCK**

wellbeing

biotics. Most people are diagnosed in their late teens to 30s, although symptoms can present at any age.

Crohn's disease vs. ulcerative colitis

With Crohn's disease, the GI tract is inflamed, causing symptoms such as diarrhea, abdominal pain, weight loss, anemia and fatigue. There are also "extra-intestinal" manifestations, such as joint pain, skin rashes and mouth sores, Hudes-

man explains.

With ulcerative colitis, only the colon is inflamed. The condition presents with blood in the stool, in addition to symptoms akin to Crohn's.

To test for either, a GI specialist will take blood and stool samples and perform a colonoscopy.

While the conditions are chronic, they can be managed with topical anti-inflammatories and immunosuppressive therapies.

In some cases, pa-

tients can enter what's called "clinical remission," meaning they are symptom-free, Hudesman says.

Lifestyle modifications factor in too. Stress and anxiety can bring on and exacerbate symptoms. Nutrition-wise, it's recommended that patients avoid processed foods and artificial sweeteners, which can cause bloating and gas.

What about IBS?

Irritable bowel syndrome

may present with similar (but less severe) symptoms as Crohn's disease or ulcerative colitis, but it doesn't have a genetic predisposition and it doesn't cause inflammation. There's no way to test for it, and it's managed with lifestyle modifications such as diet and stress management.

With any digestive disorder, going gluten-free or incorporating probiotics into your diet may improve symptoms in some cases, but there's no evidence it's actually

altering the gut bacteria, Hudesman explains.

"We can't check each patient's gut bacteria and see where there's an imbalance and give them a probiotic for it. That would be the ultimate goal in the future," he says, adding that the IBD Center does research on gut bacteria and how certain dietary supplements affect it.

If you're having symptoms of IBS or Crohn's or colitis, he recommends talking to your doctor or nutritionist first.

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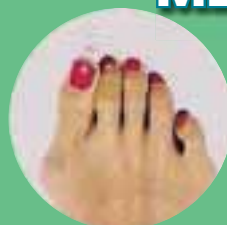


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Giants kick Reese, McAdoo to curb

The Giants fired their head coach and general manager on Monday morning.



JOE PANTORNO
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The New York Giants are officially cleaning house.

Ian Rapoport and Aditi Kinkhabwala of NFL Network reported that the New York Giants fired head coach Ben McAdoo and general manager Jerry Reese on Monday following their 24-17 Week 13 loss to the Oakland Raiders.

Both men reported to team facilities on Monday morning where he met with Giants ownership before learning of their fates.

The two were finally given his pink slip after a disastrous season that has seen the Giants get off to a 2-10 start, resulting in the unceremonious and controversial benching of Eli Manning,



The New York Giants fired general manager Jerry Reese (left) and head coach Ben McAdoo (right) on Monday morning amidst a disastrous season. GETTY IMAGES

which looks as though was Giants ownership's last straw when it came to the head coach's job security.

Manning had started 210-consecutive games as the Giants quarterback dating back to 2004 and was the unfortunate

fall guy for McAdoo's and general manager Jerry Reese's mistakes over the past calendar year.

While McAdoo faltered on the sidelines, Reese ignored the team's gaping needs on the offensive line which has left Manning and the run



game out to dry.

The organization has since admitted that they handled Manning's benching wrong, however, McAdoo was firm in his beliefs, saying that he didn't regret the way the Giants legend was benched.

McAdoo trotted out Geno Smith to start Sunday's game against the Raiders where he performed admirably but lost two key fumbles that helped seal New York's fate.

Had Manning been under center, the Giants

could have very well won that game.

The season also featured the suspensions of cornerbacks Dominique Rodgers-Cromartie and Janoris Jenkins for a game apiece and rumors running rampant that McAdoo had lost the locker room, resulting in his players not giving their full efforts on the field during gameday.

McAdoo coached 28 games with the Giants after taking over for Tom Coughlin, compiling a 13-15 record. Reese had been with the team since 2007, helping win a pair of Super Bowls, though his Super Bowl XLII side was inherited from former GM Ernie Accorsi.

One must remember that during McAdoo's first season, the Giants went 11-5 and made the playoffs, which made this sudden fall from grace such a dramatic one that has now ended with the axing of their head coach and general manager.

Looking at Reese's and McAdoo's time in NY

JERRY REESE



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Spags named interim head coach

NYG's defensive coordinator will take over for the final four games of the season.



JOE PANTORNO
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New York Giants defensive coordinator Steve Spagnuolo has been promoted to interim head coach for the final four games of the 2017 season after the team fired Ben McAdoo on Monday.

The Giants also fired general manager Jerry Reese, who had been with the team for 11 seasons.

Spagnuolo was in his second stint leading the Giants defense. The 57-year-old took over in 2007, orchestrating one of the biggest upsets in Super Bowl history when he held the 18-0 New England Patriots to just 14 points.

He would spend just two years with New York before taking over as the St. Louis Rams head coach, a position he held for three seasons with very little success. He lost 38 of the 48 games he coached before being let go in 2011.

After a season with the New Orleans Saints as their defensive coordinator in 2012, Spagnuolo returned to the Giants in 2015 under the same conditions.

Alongside a splurge on the free-agent market that brought in the likes of Janoris Jenkins and Olivier Vernon, Spagnuolo helped turn around the Giants' defense from one of the worst in football in 2015, to one of the best last season as they allowed the second-least points in the NFL.

But like all aspects of the Giants this season, dysfunction has run rampant as a defense that isn't

able to stay off the field for long due to the offense's inability to get anything going is ranked among the worst in the league once more.

It looks as though he already handled his first order of business with flying colors, restoring the starting quarterback job to Eli Manning.

McAdoo and Reese snapped the veteran passer's 210-consecutive games started streak that dated back to 2004 on Sunday when Geno Smith got the nod in a 24-17 loss to the Oakland Raiders that dropped the team to an abysmal 2-10 in 2017.

That surely has already won him some brownie points among former players and fans who were outraged at Manning's initial benching.

Spagnuolo's first test as leading man will come against the Dallas Cowboys on Dec. 10 at MetLife Stadium.



The Giants promoted Steve Spagnuolo to head coach on Monday afternoon after firing Ben McAdoo. GETTY IMAGES

Eli returning to starter's role

Eli Manning's stint as New York Giants backup quarterback didn't last too long.

Shortly after the team fired head coach Ben McAdoo and general manager Jerry Reese before promoting defensive coordinator Steve Spagnuolo to interim head coach, Manning is expected to return as Giants starter in Week 14 against the Dallas Cowboys on Sunday.

The 36-year-old was benched last Tuesday by Giants brass, ending his streak of 210-straight games started for the Giants which dated back to the 2004 season. It was the second-longest streak in NFL history.

Instead, the team went with Geno Smith as their starter, the first Giants quarterback not named Manning to start a game under center since Kurt Warner, in a one-touchdown loss to the Oakland Raiders that was actually a winnable game.

Had it not been for two Smith turnovers in Oakland territory, or if Manning had started the game, the Giants might



Eli Manning is expected to be the Giants starter in Week 14. GETTY IMAGES

have won.

It was an odd sight to see Manning — a two-time Super Bowl winner and MVP and arguably the greatest quarterback in franchise history — standing on the sidelines with a clipboard in hand and earpiece on. It was a move that angered the masses around the Giants organization ranging from fans to former players.

Had Manning's benching continued, former players were planning on standing on the Giants sidelines come Week 14 with Manning jerseys on

in protest.

Luckily, they won't have to worry about that now.

In 11 games this season, Manning has completed 62.5-percent of his passes for 2,411 yards, 14 touchdowns and seven interceptions. It is nowhere near a good season for him, but given what he's done for the organization over the past 14 seasons, the least the Giants can do is hand him the keys once more and let him navigate the offense through the end of the season.

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Who could be coaching the Giants next season?

The Giants could look at some big names to fill their head coaching vacancy next season.



JOE PANTORNO
@JoePantorno
joseph.pantorno@metro.us

The New York Giants grabbed headlines around the NFL on Monday when they fired head coach Ben McAdoo and general manager Jerry Reese after a disastrous 2-10 start to their 2017 season.

With the season lost, the team is turning to de-

fensive coordinator Steve Spagnuolo to get New York through the final four games of the season, which will likely be his audition for keeping the role to himself for 2018 and beyond.

But there are already a number of names that could challenge for the Giants job, which will be a huge storyline in the coming months considering this is one of the most high-profile jobs in the NFL.

Here is an early list of names, other than Spagnuolo's, who might be considered for the Giants job this winter:



Jim Bob Cooter
Lions offensive coordinator

No NFL head coaching experience



Josh McDaniels
Patriots offensive coordinator

Former HC of the Broncos (2009-2010, 11-17 record)



Jim Schwartz
Eagles defensive coordinator

Former HC of the Lions (2009-2013, 29-51 record)



Mike Smith
Buccaneers defensive coordinator

Former HC of the Falcons (2008-2011, 66-46 record)



Teryl Austin
Lions defensive coordinator

No NFL head coaching experience



Jon Gruden
ESPN NFL analyst

Former HC of the Raiders, Buccaneers (1998-2008, 95-81 record)

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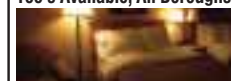
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Against PASANG SHERPA,
CHHIME G. SHERPA,
DENZINGSHERR SHERPA,
et al Defendant(s). Pursuant
to a Judgment of Foreclosure
and Sale entered on October
11, 2017. I, the undersigned
Referee will sell at public
auction at the Queens County
Supreme Courthouse,
88-11 Sutphin Boulevard,
Court Room # 25, Jamaica,
N.Y. on the 5th day of January,
2018 at 10:00 a.m. premises
described as follows: All that
certain plot, piece or parcel
of land, situate, lying and
being in the Second Ward, of
the Borough and County of
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New York. Said premises
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(Block: 3896, Lot: 23)
Approximate amount of lien
\$ 793,154.83 plus interest and
costs. Premises will be sold
subject to provisions of filed
Judgment and terms of sale.
Index No. 20211-09 Peter
Wolf, Esq., Referee. McCabe,
Weisberg & Conway, P.C.
Attorney(s) for Plaintiff
145 Huguenot Street, Suite
210 New Rochelle, New York
10801 (914) 636-8900

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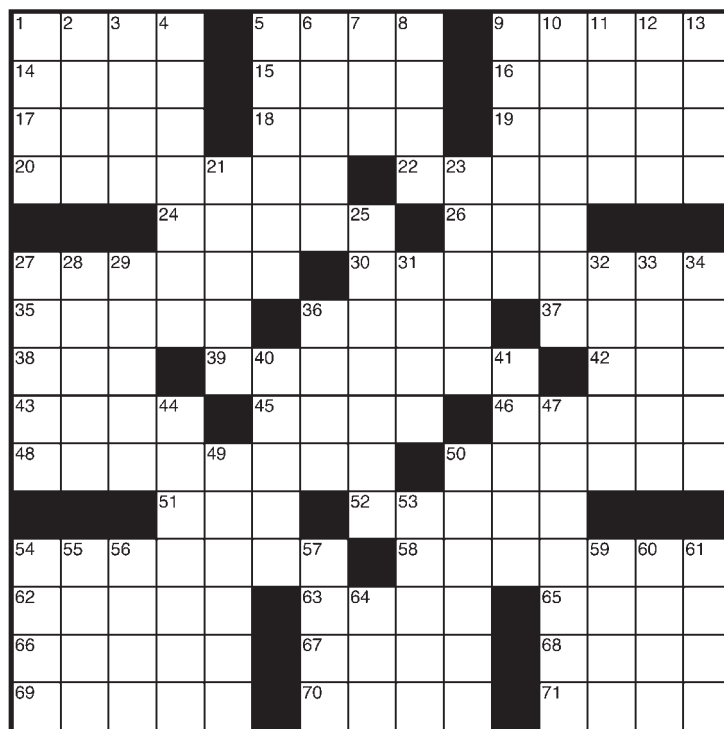
- 63 One of the woodwinds
65 Earthen jar
66 Disney site
67 Citrus tree
68 Now, to Caesar
69 Impertinent
70 Kites and blocks
71 Dolphin habitats

Down

- 1 Despot
2 Put cargo aboard
3 Bone --
4 Main part
5 Trickery
6 Attacks
7 Son of Prince Valiant
8 Dressing cheese
9 Hidden
10 Drinks
11 Stood up
12 Versatile vehicles

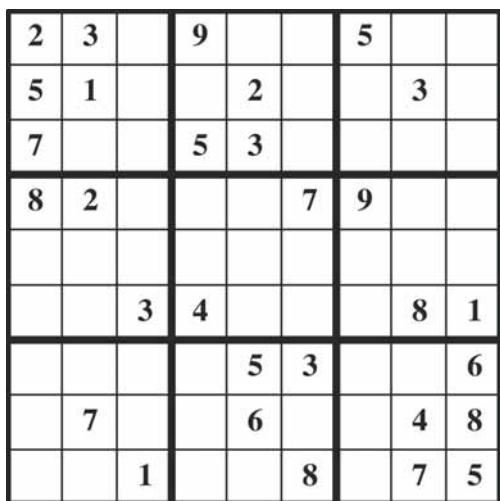
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21 Leaving
23 Neutral tones
25 Bored
27 Blow one's top
28 Intense beam
29 -- tower
31 Toddler's bed
32 Perhaps
33 Mukluk wearer
34 Scottish Highlanders
36 A Guthrie
40 Farming major
41 Book genre (hyph.)
44 Obi go-withs
47 Motives
49 XC
50 Conical tents
53 Spacious
54 Finishes the cupcakes
55 Carquest rival
56 Tiny spasms
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59 Veer off-course
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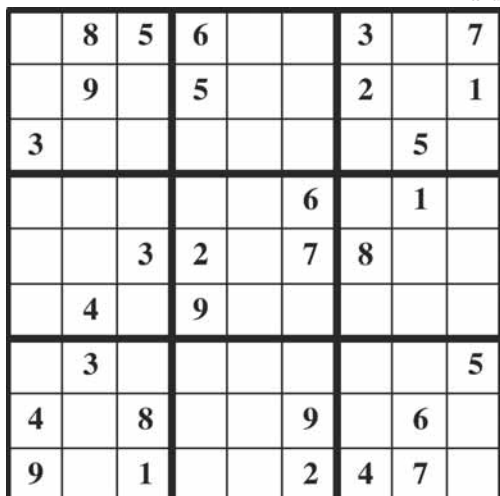


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Taurus Attending a conference, taking a business trip or trying something you've never done before will provide insight into how you want to live your life.



Gemini Be more creative in how you approach your responsibilities or a job you've been given. Use your skills in diverse and innovative ways that will bring unique results.



Cancer Learn as you go. The experience you gain observing others and listening to their advice will help you make unique changes that could lead to progress.



Leo Take care of personal matters that need to be completed before the end of the year. It will ease your stress and give you more time to prepare for festivities.



Virgo Pay more attention to what others are doing or saying. Take the time to find out what you can do to improve your relationship with a personal or business partner.



Libra Stick to your budget, regardless of temptation. A unique approach to an old job will make it more fun and efficient, leaving you more time to do as you please.



Scorpio Changes at home that lower your overhead will help you put money aside for something you want to pursue. Set priorities and make your dream come true.



Sagittarius Make changes at home that will complement the way you live. Don't let an incident ruin your plans or sour your feelings for someone.



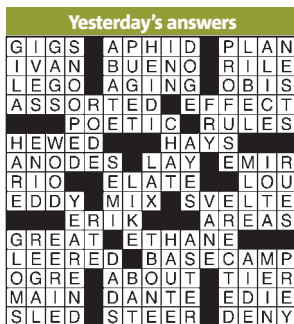
Capricorn Past relationships will be able to help you recognize what's happening in your personal life and decide whether you should make changes.



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